

Full Report (All Nutrients) 01152, Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Report Date: December 09, 2015 15:21 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
Proximates						
Water	g	87.71	--	--	214.89	859.56
Energy	kcal	56	--	--	137	549
Energy	kJ	232	--	--	568	2274
Protein	g	3.95	--	--	9.68	38.71
Total lipid (fat)	g	1.98	--	--	4.85	19.40
Ash	g	0.87	--	--	2.13	8.53
Carbohydrate, by difference	g	5.49	--	--	13.45	53.80
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	143	--	--	350	1401
Iron, Fe	mg	0.06	--	--	0.15	0.59
Magnesium, Mg	mg	15	--	--	37	147
Phosphorus, P	mg	112	--	--	274	1098
Potassium, K	mg	182	--	--	446	1784
Sodium, Na	mg	59	--	--	145	578
Zinc, Zn	mg	0.41	--	--	1.00	4.02
Copper, Cu	mg	0.011	--	--	0.027	0.108
Manganese, Mn	mg	0.002	--	--	0.005	0.020
Selenium, Se	µg	2.6	--	--	6.4	25.5
Vitamins						
Vitamin C, total ascorbic acid	mg	1.1	--	--	2.7	10.8
Thiamin	mg	0.045	--	--	0.110	0.441
Riboflavin	mg	0.194	--	--	0.475	1.901

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
Niacin	mg	0.101	--	--	0.247	0.990
Pantothenic acid	mg	0.339	--	--	0.831	3.322
Vitamin B-6	mg	0.046	--	--	0.113	0.451
Folate, total	μg	5	--	--	12	49
Folic acid	μg	0	--	--	0	0
Folate, food	μg	5	--	--	12	49
Folate, DFE	μg	5	--	--	12	49
Vitamin B-12	μg	0.39	--	--	0.96	3.82
Vitamin A, RAE	μg	17	--	--	42	167
Retinol	μg	16	--	--	39	157
Vitamin A, IU	IU	75	--	--	184	735
Lipids						
Fatty acids, total saturated	g	1.232	--	--	3.018	12.074
4:0	g	0.013	8	0.001	0.032	0.127
6:0	g	0.002	12	0.000	0.005	0.020
8:0	g	0.003	12	0.000	0.007	0.029
10:0	g	0.005	12	0.001	0.012	0.049
12:0	g	0.003	12	0.000	0.007	0.029
14:0	g	0.024	12	0.001	0.059	0.235
16:0	g	0.073	12	0.004	0.179	0.715
18:0	g	0.026	12	0.001	0.064	0.255
Fatty acids, total monounsaturated	g	0.065	--	--	0.159	0.637
16:1 undifferentiated	g	0.009	12	0.001	0.022	0.088
18:1 undifferentiated	g	0.498	--	--	1.220	4.880
Fatty acids, total polyunsaturated	g	0.009	--	--	0.022	0.088
18:2 undifferentiated	g	0.045	--	--	0.110	0.441
18:3 undifferentiated	g	0.003	11	0.000	0.007	0.029
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
Cholesterol	mg	8	--	--	20	78
Amino Acids						
Tryptophan	g	0.050	--	--	0.122	0.490
Threonine	g	0.161	--	--	0.394	1.578
Isoleucine	g	0.216	--	--	0.529	2.117

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
Leucine	g	0.350	--	--	0.858	3.430
Lysine	g	0.283	--	--	0.693	2.773
Methionine	g	0.090	--	--	0.220	0.882
Cystine	g	0.033	--	--	0.081	0.323
Phenylalanine	g	0.172	--	--	0.421	1.686
Tyrosine	g	0.172	--	--	0.421	1.686
Valine	g	0.239	--	--	0.586	2.342
Arginine	g	0.129	--	--	0.316	1.264
Histidine	g	0.097	--	--	0.238	0.951
Alanine	g	0.123	--	--	0.301	1.205
Aspartic acid	g	0.271	--	--	0.664	2.656
Glutamic acid	g	0.748	--	--	1.833	7.330
Glycine	g	0.076	--	--	0.186	0.745
Proline	g	0.346	--	--	0.848	3.391
Serine	g	0.194	--	--	0.475	1.901